

1 Read the sentences and write the correct words.

- 1 These organs are found in your chest and are used for breathing. _____
- 2 This is the noun form of 'transform'. _____
- 3 This adjective describes someone brave or unafraid. _____
- 4 This verb means 'to be jealous of something'. _____
- 5 This means 'a period of ten years'. _____
- 6 We use this idiom to describe something that is extremely easy to do. _____

2 Complete the sentences with the correct form of the word(s) in brackets.

- 1 Thank you for your _____ (generous). It's so kind of you to have us to stay.
- 2 I don't know why I bother tidying up after my son. I'm fighting a _____ (lose) battle!
- 3 I'm very grateful for their help – I certainly don't take it for _____ (grant).
- 4 These two friends would _____ (late) become a highly successful comedy duo.
- 5 Playing the guitar seems to come _____ (easy) to my sister.
- 6 We didn't realize we were _____ (mean) to hand our essays in today.
- 7 Personally, I think the library is one of the _____ (ugly) buildings in the city.
- 8 Could you tell me how much a month's gym _____ (member) costs, please?
- 9 I _____ (plan) to visit Frankfurt for a while, and then I had to go there for work.
- 10 We _____ (need) have worried – it didn't take us long to get here.

3 Complete the sentences with the correct word. Use the letters to help you.

- 1 He broke his arm a few weeks ago, so he's wearing a p_____ cast at the moment.
- 2 Look on the b_____ side – at least your keys weren't in your bag when you lost it.
- 3 It would be best if you described the events of the story in c_____ order.
- 4 It's the part of my previous job t_____ I miss the least!
- 5 Magda wasn't very reliable. She was a_____ turning up late to class.
- 6 The town we visited wasn't particularly big, but it d_____ have some nice restaurants.

4 Find one mistake in each sentence and write the correct words.

- 1 You don't have to work tomorrow, so you can pull your hair down this evening. _____
- 2 Do you think we should print a little more copies of these documents? _____
- 3 I feel terrible for forgetting Neil's birthday. How can I make it on to him? _____
- 4 You can't have been listen to me. You were talking to Tom! _____
- 5 I like Birgit a lot. I think she's very down to ground. _____
- 6 He didn't realize he had messed the deadline until he got an email. _____
- 7 The students set initiative by contacting their local newspaper. _____
- 8 Saeed thinks about buying a car, but he can't decide what to get. _____

First memories: real or fictional?

by Benjamin Parker

My memory of the scene is crystal clear: I'm standing in a small hospital room and my mother is sitting on the bed, holding a tiny baby in her arms. I'm feeling excited and somewhat nervous because I know that that baby is my new little sister, Hannah. Since Hannah was born when I was two years and eleven months old, it's possible to date this event exactly. I have always felt sure that this is my first real memory, but according to experts, that may not be the case. A new study suggests that if you have a memory of lying in a pram, or taking your first steps, it probably isn't a genuine one.

Having asked over 6,000 people about their first memories, researchers from three UK universities found that around 40% of people have a first memory which they believe happened when they were two or younger. However, evidence from numerous scientific experiments suggests that we are not able to remember events from this time in our lives. Some experts believe that we cannot retain memories that happen before we are three years old, while others argue that it is only when we reach five or six that we start to form real memories. This happens because our brains and our understanding of the world both change at around this time.

So, if they aren't real, where do these 'memories' come from? There are a number of possibilities. Researchers believe they may be based on stories that friends and relatives have told us, as well as things we have seen in family photographs. For example, if someone told you about a certain toy you had as a child, you may have imagined what it was like. Over time, the imaginary picture and the description begin to seem like a memory of the toy itself. Interestingly, during the survey, researchers found that the memories that were less likely to be real – those which happened when the survey participants were two or younger – were generally longer and more detailed than memories which appeared to be genuine. This supports the idea that the unreal 'memories' have been rehearsed and developed over the years; our brains trick us so successfully that we truly believe they are real. So while I hope that my memory of meeting my sister for the first time is true, there's no way of knowing for sure!

5 Read the text. Are the sentences true (T), false (F), or is there not enough information to decide (N)?
Write T, F or N in the box.

- | | |
|---|--------------------------|
| 1 The writer can picture the event he describes in the first paragraph very clearly. | <input type="checkbox"/> |
| 2 He knows exactly how old he was when the event he describes took place. | <input type="checkbox"/> |
| 3 According to research, it's very likely that the writer's first memory is real. | <input type="checkbox"/> |
| 4 More than 6,000 people were interviewed in the study that the writer mentions. | <input type="checkbox"/> |
| 5 Experts agree that we cannot form real memories until we are at least five years old. | <input type="checkbox"/> |
| 6 Our brains change a great deal when we reach the age of five or six. | <input type="checkbox"/> |
| 7 Experts believe that our first memories can be influenced by photos and family stories. | <input type="checkbox"/> |
| 8 Most of the survey participants remembered toys they had owned when they were young. | <input type="checkbox"/> |
| 9 False first 'memories' tend to include fewer details than real ones. | <input type="checkbox"/> |
| 10 The writer thinks he has gradually added details to his memory of meeting his sister. | <input type="checkbox"/> |

Score

out of 10

6 Complete the sentences with the correct form of the word(s) in brackets.

Why you should eat like a caveman

Would you like to have a healthier diet? What you need ¹ (be) to eat the same kinds of food as your ancient ancestors did. At least, that's what followers of the Paleo diet would tell you. This diet is named after the Paleolithic period, an era which began around 2.58 million years ago.

Humans would go on ² (develop) agriculture thousands of years later, but in the Paleolithic period, they ³ (not / use / eat) certain foods, including things which many of us now ⁴ (enjoy) on a regular basis, such as potatoes, cereals and dairy products.

⁵ (owe) to the fact that our stomachs ⁶ (not / evolve) that much since then, followers of the Paleo diet argue that we ⁷ (not / should / eat) these foods even now – they encourage us ⁸ (fill) up on fruit, vegetables, nuts and meat instead. The Paleo diet is supposed to have several benefits: not only ⁹ (do) it help you lose weight, it can also reduce your risk of getting heart disease. However, experts say there is no point ¹⁰ (follow) this diet if you want instant results – you must ¹¹ (stick) with it for a few months in order to benefit.

The first person ¹² (recommend) this way of eating was the digestion ¹³ (specialize) Dr Walter L Voegtlin, whose book, *The Stone Age Diet*, was published in 1975. These days, many different versions of the Paleo diet are available. Their core principles are the same, but each one ¹⁴ (do) have ¹⁵ (slight) different rules and restrictions, so it's important to find the one that is right for you.

Score

out of 15

7 There are twenty words in the box. Complete the text with fifteen of the words. There are five words that you do not need to use.

ambition and benefits cope curiosity down expectations how impact in
most ought person prepared quite sensitivity the when without would

Eight-year-old from Canada writes research paper

¹ it comes to life achievements, co-writing a scientific paper when you are only eight years old is pretty impressive. While we hear many negative reports about the ² of social media on young people, this story is ³ different!

It began when a woman called Nicole Spencer wrote to the Entomological Society of Canada, an organization which supports scientists and researchers who work with insects. She asked whether an expert from the society would be ⁴ to talk to her daughter, Sophia. Sophia loved insects and ⁵ often carry one around on her shoulder, but she had been feeling ⁶ after some students at her school had laughed at her because of her hobby. Nicole wanted to encourage her daughter's ⁷ about the insect kingdom, but she was finding it harder ⁸ harder to answer Sophia's questions. She hoped that talking to an expert would inspire Sophia to fulfil her ⁹ of becoming a scientist, as well as help her ¹⁰ with the bullying she was experiencing.

The society shared Nicole's message on Twitter and the response exceeded everyone's ¹¹ ¹² addition to receiving hundreds of messages of support, Sophia was invited to meet several insect experts. However, the ¹³ who played the biggest role in Sophia's story was probably the PhD student Morgan D. Jackson. He decided to write a research paper about the ¹⁴ of using social media in science and listed Sophia as one of the authors. It goes ¹⁵ saying that Sophia has decided to pursue her dream after all!

Score

out of 15

Total score

out of 70